

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. The Superintendent or designee shall ~~build a coordinated school health system that supports and reinforces health literacy through health education, physical education, a safe and healthy school environment, and parent/guardian, employee and community involvement.~~ coordinate and align District efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

(cf. 1020 – Youth Services)

(cf. 3513.3 - Tobacco-Free Schools)

(cf. 3514 - Environmental Safety)

(cf. 5131.6 - Alcohol and Other Drugs)

(cf. 5131.61 - Drug Testing)

(cf. 5131.62 - Tobacco)

(cf. 5131.63 - Steroids)

(cf. 5141 - Health Care and Emergencies)

(cf. 5141.22 - Infectious Disease)

~~(cf. 5141.27 – Food Allergies/Special Dietary Needs)~~

(cf. 5141.3 - Health Examinations)

(cf. 5141.31 - Immunizations)

(cf. 5141.32 - Health Screening for School Entry)

(cf. 5141.6 - Student Health ~~and Social~~ Services)

~~(cf. 5142 – Safety)~~

(cf. 6142.1 -Sexual Health and HIV/AIDS Prevention Education)

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(cf. 6164.2 - Guidance/Counseling Services)

School Health Council/Committee

~~To encourage consistent health messages between the home and school environment, the Superintendent or designee shall disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.~~

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the District's student wellness policy. (42 USC 1758b)

To fulfill this requirement, the Superintendent or designee may appoint a school health council or other District committee whose membership shall include representatives of these groups. He/she may also invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

~~(cf. 1113—District and School Web Sites)~~

~~(cf. 6020—Parent Involvement)~~

(cf. 1220 – Citizen Advisory Committees)

(cf. 9140 – Board Representatives)

The school health council/committee shall advise the District on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1748b)

~~District Wellness Council~~

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~~The Superintendent or designee may appoint a Wellness Council consisting of representatives of district employees, health professionals, parents/guardian, students, community members, and/or others interested in school wellness issues.~~

~~The Wellness Council will assist with policy development and advise the district on wellness-related issues, activities, and programs. At the discretion of the Superintendent or designee, the council's duties may include planning and implementing activities to promote wellness within~~

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

The ~~d~~District's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards)

(cf. 6142.7 – Physical Education and Activity)

(cf. 6142.8 – Comprehensive Health Education)

(cf. 6143 - Courses of Study)

The nutrition education shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program ~~in grades K-8~~ and, as appropriate, shall be integrated into ~~core-~~ other academic subjects in the regular education program. ~~Nutrition education also may be offered through before- and after- school programs, summer learning programs, and school garden programs.~~

(cf. 5148.2 - Before/After School Programs)

(cf. 6177 – Summer Learning Programs)

~~(cf. 6142.8 – Comprehensive Health Education)~~

To reinforce the District's nutrition education program, the Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

(cf. 1325 – Advertising and Promotion)

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All students ~~in grades K-8~~ shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, ~~and~~ and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

~~(cf. 6142.7 – Physical Education)~~

(cf. 5142.2 – Safe Routes to School Program)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

The Board may enter into a joint use agreement or memorandum of understanding to make District facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 – Joint Use Agreements)

~~The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.~~

Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

~~The Board discourages the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.~~

~~(cf. 1325 – Advertising and Promotion)~~

The Superintendent or designee may disseminate health information and/or the District's student wellness policy to parents/guardians through District or school newsletters, handouts,

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parent/guardian meetings, District and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1100 – Communication with the Public)

(cf. 1112 – Media Relations)

(cf. 1113 – District and School Web Sites)

(cf. 1114 – District-Sponsored Social Media)

(cf. 6020 – Parent Involvement)

In order to ensure that students have access to comprehensive health services, the District may provide access to health services at or near District schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf. 5131.2 – Bullying)

(cf. 5145.3 – Nondiscrimination/Harassment)

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for Foods Available at School

~~The Board shall adopt nutrition guidelines selected by the district.~~ For all foods available on each campus during the school day, the District shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and federal regulations and which support ~~with the~~ objectives of promoting student health and reducing childhood obesity. (42 USC ~~1751 Note~~) 1758b)

In order to maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the District may sponsor a summer meal program.

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(cf. 3550 - Food Service/child Nutrition Program)

(cf. 3552 – Summer Meal Program)

(cf. 3553 – Free and Reduced Price Meals)

(cf. 5141.27 – Food Allergies/Special Dietary Needs)

(cf. 5148 - Child Care and Development)

(cf. 5148.3 - Preschool/Early Childhood Education)

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The Board believes that all foods and beverages ~~available- sold~~ to students at ~~d~~District schools, including those available outside the District's food services program, should support the health curriculum and promote optimal health. Nutritionalal standards adopted by the ~~d~~District for ~~all~~ foods and beverages ~~sold to students, including foods and beverages~~ provided through student stores ~~the district's food service program, student stores~~, vending machines, ~~fundraisers~~ or other venues, shall meet or exceed state and federal nutritionalal standards.

(cc. 3312 – Contracts)

~~(cf. 3550 – Food Service/child Nutrition Program)~~

(cf. 3554 – Other Food Sales)

~~(cf. 5148 – Child Care and Development)~~

~~(cf. 6300 – Preschool/Early Childhood Education)~~

The Superintendent or designee shall encourage ~~schools and~~ school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' ~~?~~ academic performance, accomplishments, or classroom behavior.

(cf. 1230 - School-Connected Organizations)

~~The Superintendent or designee~~ School ~~shall~~ staff shall encourage ~~staff~~, parents/guardians or other volunteers to support the ~~d~~District's nutrition education program by considering nutritional quality ~~and student health concerns, such as allergies to certain foods~~, when selecting any snacks

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which they may donate for occasional class parties. Class parties or celebrations, ~~which include food,~~ shall be held after the lunch period when possible. ~~to assure compliance with the National School Lunch and School Breakfast programs requirements.~~

~~Guidelines for Reimbursable Meals~~

~~Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)~~

~~In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.~~

~~(cf. 3553—Free and Reduced Price Meals)~~

Program Implementation and Evaluation

~~The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district or at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. (42 USC 1751 Note)~~

The Superintendent shall designate one or more District or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

(cf. 0500 - Accountability)

(cf. 3555 – Nutrition Program Compliance)

~~The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. These measures shall include, but not limited to,~~

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years.

The assessment shall include the extent to which District schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

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The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the District activities related to student wellness. Such indicators may include, but are not limited to:

~~1. Each school site will include Safe and Healthy Students and Environment as a goal and will include indicators to measure improvement in these areas in their School Plan.~~

~~2. Student's scores on the physical performance test will increase 10% in the first year of the implementation of the policy, with improvement every year thereafter.~~

~~3. Indicators on the health portion of the California Healthy Kids Survey will be used to determine growth in the area of physical activity for 7th grades student.~~

~~4. An analysis of the nutritional content of meals served.~~

~~5. Student participation rates in school meal programs.~~

~~6. Any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal program.~~

~~7. Feedback from food service personnel, school administrators, parents/guardians, students, and other appropriate persons.~~

1. Descriptions of the District's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements

2. An analysis of the nutritional content of school meals and snacks served in all District programs, based on a sample of menus and production records

3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program

4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards

5. Results of the state's physical fitness test at applicable grade levels

6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity

7. A description of District efforts to provide additional opportunities for physical activity outside of the physical education program

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8. A description of other Districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

~~The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity.~~

The Superintendent or designee shall invite feedback on District and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of District data with county, statewide, or national data, and/or a comparison of wellness data with other student outcome such as academic indicators or student discipline rates.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus District resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Posting Requirements

Each school shall post the ~~d~~District's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-4949~~3~~4 School breakfast and lunch programs

49500-49505 School meals

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49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49561 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51210 Course of study, grades 1-6

51220 Course of study, grades 7-12

51222 Physical education

51223 Physical education, elementary schools

51795-51796.5 School instructional gardens

51880-51921 Comprehensive health education

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751-1751.8b Note Local wellness policy

1771-1791 Child Nutrition Act, ~~including:~~ especially:

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1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.2⁴ National School Breakfast Program

COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

[Increasing Access to Drinking Water in Schools, Policy Brief, March 2013](#)

[Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012](#)

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. ~~October 2007~~ [April 2012](#)

~~Food Safety Requirements, Fact Sheet, October 2007~~

~~Physical Education and California Schools, Policy Brief, rev. October 2007~~

~~Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007~~

~~Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007~~

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. ~~April 2006~~ [2012](#)

~~School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006~~

[Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009](#)

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[Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009](#)

[Physical Education and California School, Policy Brief, rev. October 2007](#)

[School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006](#)

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade ~~12,~~
~~Twelve, 1994-~~ [2009](#)

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

~~Healthy Children Ready to Learn, January 2005~~

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

[CENTER FOR COLLABORATIVE SOLUTIONS](#)

[Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010](#)

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, ~~for Elementary and Middle/High Schools, 2004-~~ [2005](#)

~~Making It Happen: School Nutrition Success Stories, 2005~~

[FEDERAL REGISTER](#)

[Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167](#)

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION ~~(NASBE)~~ PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

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~~Team Nutrition, Food and Nutrition Services~~, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):
<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Centers for Disease Control and Prevention (~~CDC~~): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

~~National School Boards Association: <http://www.nsba.org>~~

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:
http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_--steps.html

Policy PLEASANT VALLEY SCHOOL DISTRICT

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